



Cotswold **Chiropractic**  
and **Massage** Clinic

Location

## South West, Gloucestershire

<https://www.freeadsz.co.uk/x-561014-z>

## MESSAGE

With so many benefits, massage therapy is a highly effective method of treatment for both men and women. At Cotswold Chiropractic and Massage Clinic, we offer a selection of treatments at a variety of prices and times.

## REFLEXOLOGY

Reflexology is a non-invasive complementary therapy which has been around for over 5000 years. It is based upon the principle that reflex points on the sides, tops and particularly the soles of the feet correspond to areas throughout the body.

Kelly-Jane treats men, women and tots through to teens!

# CHIROPRACTIC

Chiropractors specialise in the diagnosis, treatment and management of mechanical conditions of the joints and soft tissues. Emphasis is usually on the spine and the effects on the nervous system. A Chiropractic manipulation (adjustment) is a highly skilled technique, which gently releases stiffness. Pain often occurs when joints stop moving healthily. When a joint is treated and returns to normal healthy movement there is resolution of pain. Most treatments will include some soft tissue work to relax muscles and improve healing.

Aftercare and home advice are often given to maintain the positive effects of treatment and prevent reoccurrence.

## PILATES

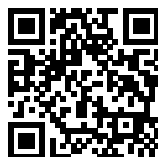
Our Pilates classes are specifically designed to strengthen, rehabilitate and re-train the deep abdominal, pelvic and spine stabilising muscles. We have a clear emphasis on quality rather than quantity. This is a one-to-one strength workout, here to prevent back pain, improve posture or reduce joint injury. Our classes are limited to 10 participants to ensure close supervision and a safe group environment. The classes are suitable for all ages and abilities and a drop-in is provided for our instructors and drop exercise sessions to suit all needs. It costs £10 in 10 weeks or £45 and if you like to introduce a friend and you receive a £5 voucher.



**Cotswold Chiropractic and  
Massage Clinic. Reflexology,  
Massage, Chiropractic and  
Pilates**



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14-2  
 Pirates Class  
 Monday 7-9  
 Wednesday  
 Saturday 9-11  
 For more information  
 contact  
 Dr. James  
 Needles  
 Tel: 01273 823111  
 Email: [james@needles.co.uk](mailto:james@needles.co.uk)  
 Web: [www.needles.co.uk](http://www.needles.co.uk)  
 X: 5610



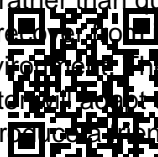
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For more information please visit our website [www.ccmclinic.uk](http://www.ccmclinic.uk)

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